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FM AMEMBASSY BRIDGETOWN  
TO AMEMBASSY KINGSTON 4894

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TAGS: [ASEC](#) [EAID](#) [OTRA](#) [BB](#)  
SUBJECT: COUNTRY CLEARANCE GRANTED TO DENISE LAWRENCE  
TO TRAVEL TO ANTIGUA

REF: KINGSTON 00108

11. Embassy Bridgetown grants country clearance to  
Denise Lawrence, Program Development specialist  
USAID/Jamaica to travel to Antigua on January 25-26,  
12006.

12. The purpose of this visit is to lead Public  
Information discussions on the all-hands Trade meeting  
and to provide feedback/input into discussion on the  
contractors work plan.

13. Understand Embassy assistance is not required. If  
you have any questions, please contact Sean Hall at  
Tel.(246)228-8070 or Fax. (246) 228-8589.

14. Entry requirements: A valid U.S. passport is  
required to enter Antigua. No visa is required if your  
stay is under six months, including those travelers  
arriving with diplomatic or official passports. For  
further information, travelers may contact the Embassy  
of Antigua and Barbuda in Washington DC at 3216 New  
Mexico Avenue, NW 20016, Tel:202-362-5122 and fax: 202-  
362-5225.

16. Departure tax for Antigua is \$50.00 EC or Eastern  
Caribbean currency or \$19.00 USD.

17. The following is general information pertaining to  
security and health considerations throughout the  
Eastern Caribbean:

#### Security

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In the Eastern Caribbean, foot travel outside of well-  
established tourist areas is not generally recommended,  
especially at night. Be vigilant when using public  
telephones or ATM machines near roadsides or quiet  
areas. As in many U.S. metropolitan areas, wearing  
expensive jewelry, carrying expensive objects, or  
carrying large amounts of cash should be avoided.  
Visitors should also safeguard valuables while at the  
beach. While hotels are generally safe, many visitors  
have experienced loss of unattended items. Hotel  
burglaries are not uncommon and all valuables should be  
locked in room safes if possible.

#### Health Information

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Throughout the Eastern Caribbean, the most likely  
threat to a visitor's health is sunburn. It takes  
several weeks to become accustomed to the heat and  
humidity. Prolonged exposure to the sun, without  
protection, causes sunburn and may ultimately result in  
sun-damaged skin or even skin cancer. Sunscreens

should be used for protection. In Barbados, St. Lucia, and St. Vincent the major health threat is dengue fever, transmitted by mosquito. Dengue cases are most often seen in the summer months. Persons should therefore protect themselves with insect repellent. There is also a growing number of HIV/AIDS cases reported. The Eastern Caribbean enjoys clean and safe drinking water. Only routine boosters for immunizations (i.e. tetanus, diphtheria, and oral polio vaccine) are required when traveling to this region. Barbados has the best medical facilities of all the islands in the region and most of the medical specialties have practitioners here.

KRAMER